

ACTIVITY: HAPPINESS VS JOY

In this activity, think about your life and your future choices. As you read the following prompts, consider whether the activity or prompt listed will bring you temporary happiness or lasting joy in your life. Circle the word that you choose. When you have finished, please stand up.

PROMPTS FOR CONSIDERATION

Being a professional athlete.

Happiness **Joy**

Working with customers all or most days.

Happiness **Joy**

Being a famous actor/actress.

Happiness **Joy**

Doing manual labor all day.

Happiness **Joy**

Being an artist.

Happiness **Joy**

Maintaining deep friendships.

Happiness **Joy**

Being a husband or wife?

Happiness **Joy**

Going away to college.

Happiness **Joy**

Being a religious sister or brother.

Happiness **Joy**

Staying home for college.

Happiness **Joy**

Being a priest.

Happiness **Joy**

Staying connected through social media.

Happiness **Joy**

Working on a computer all day.

Happiness **Joy**

Disconnecting from social media.

Happiness **Joy**

REFLECTION QUESTIONS AFTER THE ACTIVITY

In what ways would you say that joy and happiness are similar?

How has the difference between joy and happiness been explained in this retreat so far?

Do you agree with the distinction between the two?

Do you have any other ideas regarding how the two are different?

How will the following affect any upcoming decisions you have to make in your life...?

A new understanding of what you are willing to suffer through.

A greater idea of what you are willing to suffer for?

A greater understanding of the joy and happiness.

